

Practising Adolescence and Wellbeing

Chapter 6: Adolescence and Wellbeing · Topic 2

Key Concept

Physical changes during adolescence include growth spurts and puberty-related changes, requiring good nutrition, sleep, and exercise to support healthy development.

Emotional changes can include mood swings and developing a stronger sense of identity, making emotional support from family, friends, and trusted adults important.

Social changes involve navigating friendships, peer pressure, and increasing independence, requiring good communication and decision-making skills.

Supporting overall wellbeing during adolescence - through healthy habits, emotional support, and positive relationships - helps teenagers navigate this important transitional period successfully.

Quick Revision Notes

- Adolescence involves physical, emotional and social changes.
- Physical changes include growth spurts and puberty.
- Good nutrition, sleep and exercise support physical development.
- Emotional changes include mood swings and identity development.
- Emotional support from family and friends is important.
- Social changes include navigating friendships and peer pressure.
- Communication and decision-making skills help with social changes.
- Overall wellbeing helps teenagers navigate adolescence successfully.

Practice Questions

- 1 Discuss a physical change common during adolescence.
- 2 Discuss why emotional support matters during teenage years.
- 3 Explain a social challenge teenagers might face.
- 4 Discuss a healthy habit that supports wellbeing.
- 5 Identify a trusted adult you could talk to about challenges.
- 6 Discuss why decision-making skills are important during adolescence.